

Student and Parent Involvement

Regulations require that schools promote activities to involve students and parents in the National School Lunch Program. Such activities may include menu planning, enhancement of eating environment, program promotion, and related community support activities. The type of parent and student involvement is left to the discretion of the individual school. In this way, the school is given flexibility to plan and implement a program to meet its individual needs. Since involvement of students and parents in the National School Lunch Program is a requirement, schools should document all activities. Form 1 Section 15 may be used for documentation or the district may record the documentation elsewhere. A full size form for printing may be found in Section 27 of this manual.

Suggested Activities

1. Prepare articles and/or pictures for use in the local newspaper or student newsletter. Articles might feature menus, meal statistics, special activities, offer versus serve, or nutrition information.
2. Plan menus to highlight special events, such as holidays and athletic victories, or foreign countries or specific regions of our country.
3. Invite parents, grandparents, or other people in the community to have lunch at school.
4. Plan projects to improve the appearance of the lunchroom. Use bulletin boards, special holiday or seasonal decorations, and student artwork, etc.

Form 1 Section 15 Student and Parent Involvement

District/School: _____

School Year: _____

Date of Activity	Description of Activity	Group Type (Students, Parents, etc.)	Number of Attendees	Evaluation/Comments

5. Conduct student surveys on food likes and dislikes and solicit menu suggestions.
6. Conduct a survey and discuss with students possible improvements to reduce plate waste.
7. Discuss nutrition in the classroom. Plan to evaluate one week's cafeteria menus to determine if they meet the *Dietary Guidelines for Americans*. Evaluate the menus as to variety, texture, and color.
8. Make available and encourage the use of nutritious snack foods.
9. Allow one or several classes to plan menus.
10. Encourage the home economics class to plan special diets that meet meal requirements for overweight and underweight persons.
11. Organize a student tasting panel for new products being considered for use.
12. Take the kindergarten students on a tour of the kitchen.
13. Meet with students and parents to discuss the importance of nutrition as it relates to personal appearance and health.
14. Form a Youth or Nutrition Advisory Council to promote food service in the school. Discuss ways of increasing participation, desired menu changes, alternate menu possibilities, etc.

Should additional information be needed on how to begin a NAC chapter, contact the South Carolina School Food Service Association or the American School Food Service Association. The telephone numbers and addresses of these organizations may be found in the resources section of this manual.

Nutrition Advisory Council (NAC)

Nutrition Advisory Councils are organizations composed of students who have the mutual goal of promoting good nutrition through child nutrition programs. Members participate in nutrition-related projects and serve as a communication bridge between the school food service administration and the students and community. The council's purpose is to bring students together to spread the word about the importance of good nutrition, exercise and the role that child nutrition programs play in a healthy life-style. By involving students, a Nutrition Advisory Council reinforces the idea that school nutrition programs are for them.